

MANAGING ALCOHOL AND DRUG RELATED ISSUES IN GENERAL PRACTICE

The issue:

- 38.6% of adults in Illawarra Shoalhaven consume alcohol at high risk levels¹
- one third of people with alcohol and other drug use disorder have at least one mental health disorder²
- people with substance use disorders may have complex physical health needs²
- increasing rates of pharmaceutical misuse¹.

Screening:

The Smoking, Nutrition, Alcohol and Physical Nutrition (SNAP) guidelines & 5As framework are useful tools for preventative health care. **Alcohol screening** should be done opportunistically for all patients aged 15 years over³ or you may choose a more targeted approach, including:

- new patients
- pregnant women
- people with mental health concerns
- tobacco smokers
- during health assessments and chronic disease care planning.

Screening for other drug use can also be done opportunistically.

Tools: AUDIT- C; CAGE questionnaire (dependence)

Consider BBV serology (Hep B,C & HIV), sexual health screen and urine drug screen.

Need help immediately? Call 1800 023 687

Drug & Alcohol Specialist Advisory Service (DASAS)

The DASAS is for health professionals only (GPs, nurses)

- FREE 24 hour / 7 days support line
- managed by St Vincent's Hospital Alcohol and Drug Service
- specialist consultants advice on diagnosis and management of patients
- clinicians can also be advised on drug effects, withdrawal symptoms, referral options, therapeutic and counselling techniques.

More information:

Opioid Treatment Line –

1800 642 428 (Monday – Friday, 9:30am – 5pm)

RACGP AOD GP education program –

racgp.org.au/education/professional-development/courses/aod

ACRRM Drug and Alcohol Addiction Education (DAAE) –

acrmm.org.au/campaigns/drug-alcohol

Comorbidity guidelines online training –

comorbidityguidelines.org.au/guidelines

HealthPathways:

For more information on management and referral pathways, go to:

Illawarra Shoalhaven:

illawarrashoalhaven.communityhealthpathways.org

¹ [Population health profile and needs assessment](#)

² [Comorbidity Guidelines](#)

³ [RACGP SNAP guide](#)

Alcohol and drug treatment (AOD) and support services (Illawarra Shoalhaven)



COORDINARE Commissioned AOD services

Salvation Army Pathways Shoalhaven: Nowra

Case management and group support program. **Call (02) 4422 4604.**

Community Brokerage: Waminda South Coast Health & Wellbeing Aboriginal Corporation, in partnership with Illawarra Aboriginal Medical Service and South Coast Medical Service Aboriginal Corporation

Assistance for Aboriginal people to access relevant services and supports as they seek treatment for alcohol and drug-related issues. **Call (02) 4421 7400 or visit waminda.org.au for more information.**

Nana Mura: Lives Lived Well

Mobile day rehabilitation program for people in Jervis Bay, St Georges Basin and Sanctuary Point regions who wish to address their drug and alcohol use. **Call 1300 727 957 or email NanaMuru@liveslivedwell.org.au.**

Other AOD treatment and support services in and around Illawarra Shoalhaven

Illawarra Drug and Alcohol Service (IDAS): Illawarra Shoalhaven Local Health District in Wollongong and Nowra

Offers a range of treatment and support services for people problems related to alcohol and other drug use. Treatment options include withdrawal management, counselling, groups programs and the MERIT program.

Call 1300 652 226 or visit isld.health.nsw.gov.au/services-clinics/drug-alcohol-service.

Watershed: Berkeley

Treatment options available include withdrawal management, residential rehabilitation, non-residential day rehabilitation and transitional living program. **Call 1800 818 872 or visit watershed.org.au.**

Kedesh Rehabilitation: Unanderra

Treatment options available include: residential rehabilitation, day rehabilitation program and aftercare services.

Call (02) 4222 1800 or visit kedesh.com.au.

Salvation Army First Floor Program: Wollongong

Offers counselling, support groups and programs to equip individuals and families with the skills to address substance use and / or mental health issues. **Call (02) 4229 1079 or visit firstfloorprogram.org.au.**

Waminda South Coast Women's Health & Wellbeing Aboriginal Corporation: Nowra

Case management services. **Call (02) 4421 7400.**

South Coast Medical Service Aboriginal Corporation: Nowra and Jervis Bay

The Substance Use program provides support and advocacy through case management, counselling, group programs and smoking cessation support. **Call 1800 215 099.**

Oolong House: Nowra

Alcohol and drugs residential treatment for Aboriginal and non-Aboriginal men. **Call (02) 4422 0644.**

Triple Care Farm: Mission Australia Robertson

Withdrawal and residential rehabilitation for young people 16 – 24 years. **Call (02) 4885 126.5**

headspace Wollongong and Nowra

Support for young people with mental health, physical health, drug, alcohol and other work or study issues.

Visit headspace.org.au and search for a local service.

Smart Recovery groups

Various locations. **Visit smartrecoveryaustralia.com.au to find a local meeting.**

Alcoholics Anonymous

Call 1300 222 222 or visit aa.org.au to find a local meeting.

Patient resources:

Alcohol and Drug Information Service (ADIS) –
1800 422 599

NSW Health's Your Room website –
yourroom.health.nsw.gov.au

Hello Sunday Morning free self-help app –
hellosundaymorning.org

Get Healthy Service: Alcohol Program –
1300 806 258

Lifeline –
13 11 14
lifeline.org.au